

36th ROAD RACE DIVISION

Please complete the reception by the day before all events.
* No registration will be accepted on the day.

RULES and REGULATIONS via INTERNET
Follows Japan Cycling Federation competition rules and special regulations of Tour de Okinawa.

Contestant Instructions

- Competitors must be in conformity with the competition road race rules based on Japan Cycling Federation.
Note. Use of a bull-horn shaped handlebar, a clip-on handlebar or a flat bar is prohibited. Inch sizes of the front and rear wheels must be equal and disc wheels are not permitted.
- Competitors must wear a helmet officially authorized by the Japan Cycling Federation. * Elementary school students should wear a helmet of hard material.
- Neutral service (supply of wheels) can be received by neutral cars (equipment vehicles and equipment motorcycles) prepared by the organizer. The spare wheel is made by Shimano.
- The start time may be changed depending on the race situation.
- Players cannot pass through the checkpoint on the courses within cut-off time is disqualified as a general rule. Therefore, those players will be excluded from the competition. Players that have been excluded from the race, be sure to leave the course in accordance with the instructions of the check point referees. Excluded athletes and bicycles will be transported to the venue by pick up vehicle. Bicycles can be received at "Bicycle Claim" provided in the race head quarter.
- Because there are emergency vehicles and commissioners vehicles traveling in the courses during the competition, the riders in principle must run on the left side of the road. For safety aspect, if traveling on the right side of the road in the situation of unavoidable, do not prevent the running of emergency vehicles or commissioners vehicles.
- Using mobile phones or smartphones and cameras during the competition are prohibited. (In preparation for an emergency, possession of mobile phones and smartphones, are allowed.)
- If a mixed run with another category is confirmed, the winners will be subject to disqualification / demotion.
- Based on the JCF regulation, lack of manners in public, especially such indecent behaviors as urination in public is prohibited.
- Competitors, littering of the bottle in other than the depot designated by the organizer is prohibited. Throwing wastes away on the course is prohibited.

Participation conditions for each categories of citizen races.

- JPCA registered players cannot participate citizen race 140km, 100km and 50km categories.
- Professional Keirin cyclist cannot participate in any citizen race 50km categories.
- Those who do not have cycle road race experience cannot participate for the Citizen race 200km.* Participation experience, such as enduro, is not included in the road race experience.

International road race

100km International Women's Road Race

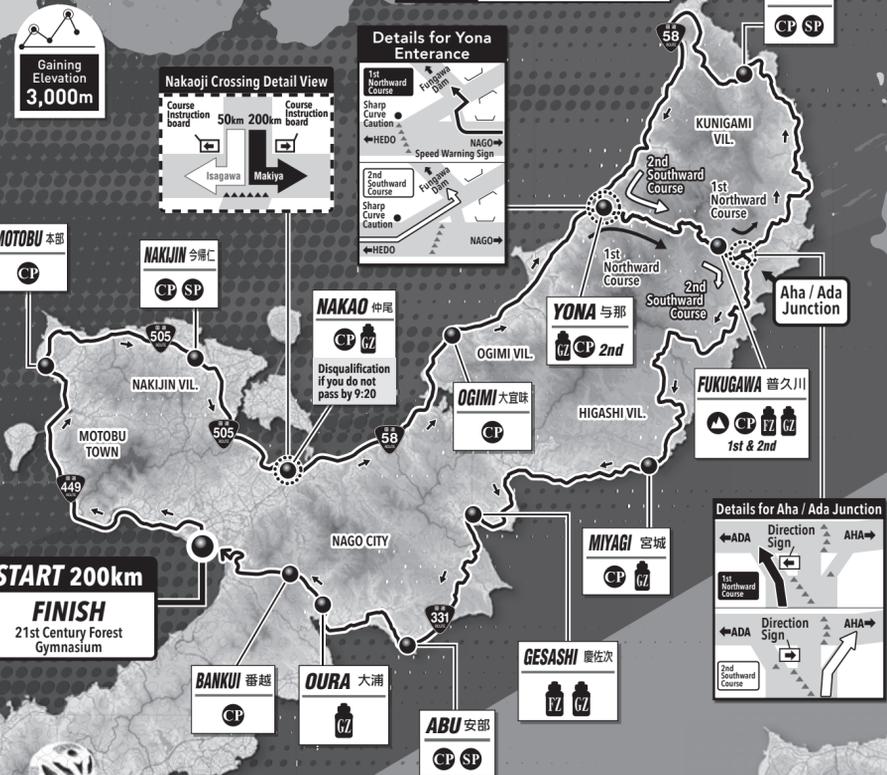
Maximum: 100 Participants. Candidate: Invited / Preferential country athletes (Europe, USA, Australia, Asian neighboring countries) registered with invited national teams with the classification of 25th ranking or higher, or women of high school age or older registered with her respective national bicycle federation.

200km

市民レース
Citizen road race

Gathered up competitive racers!
The highest peak of the road race in a day.

Date	November 10th (Sun.)
Maximum	200 participants
Eligibility	19 y/o or older
Entry Fee	37,000 yen



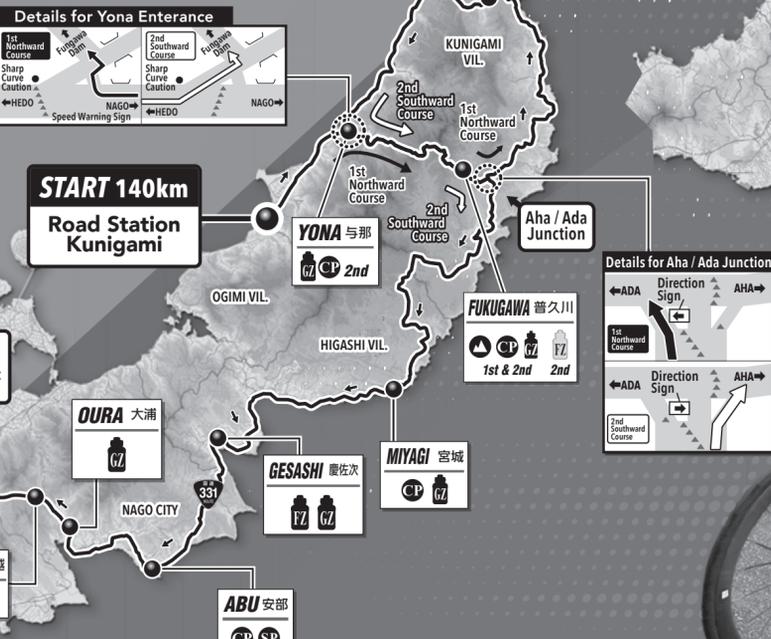
Open	Date	November 10th (Sun.)
	Maximum	200 participants
	Eligibility	16 y/o or older
	Entry Fee	32,000 yen (10,000 yen for H. School. Stu.)
Masters	Date	November 10th (Sun.)
	Maximum	200 participants
	Eligibility	40 y/o or older
	Entry Fee	32,000 yen

- CP** CHECK POINT
There is the close at each race and a gateway.
- KING OF THE MOUNTAINS (KOM)**
- SP** SPRINT POINT
The first cyclist to pass a sprint point receives a prize. *Changes may be added.
- FZ** FEED ZONE
- GZ** GREEN ZONE

140km

市民レース
Citizen road race

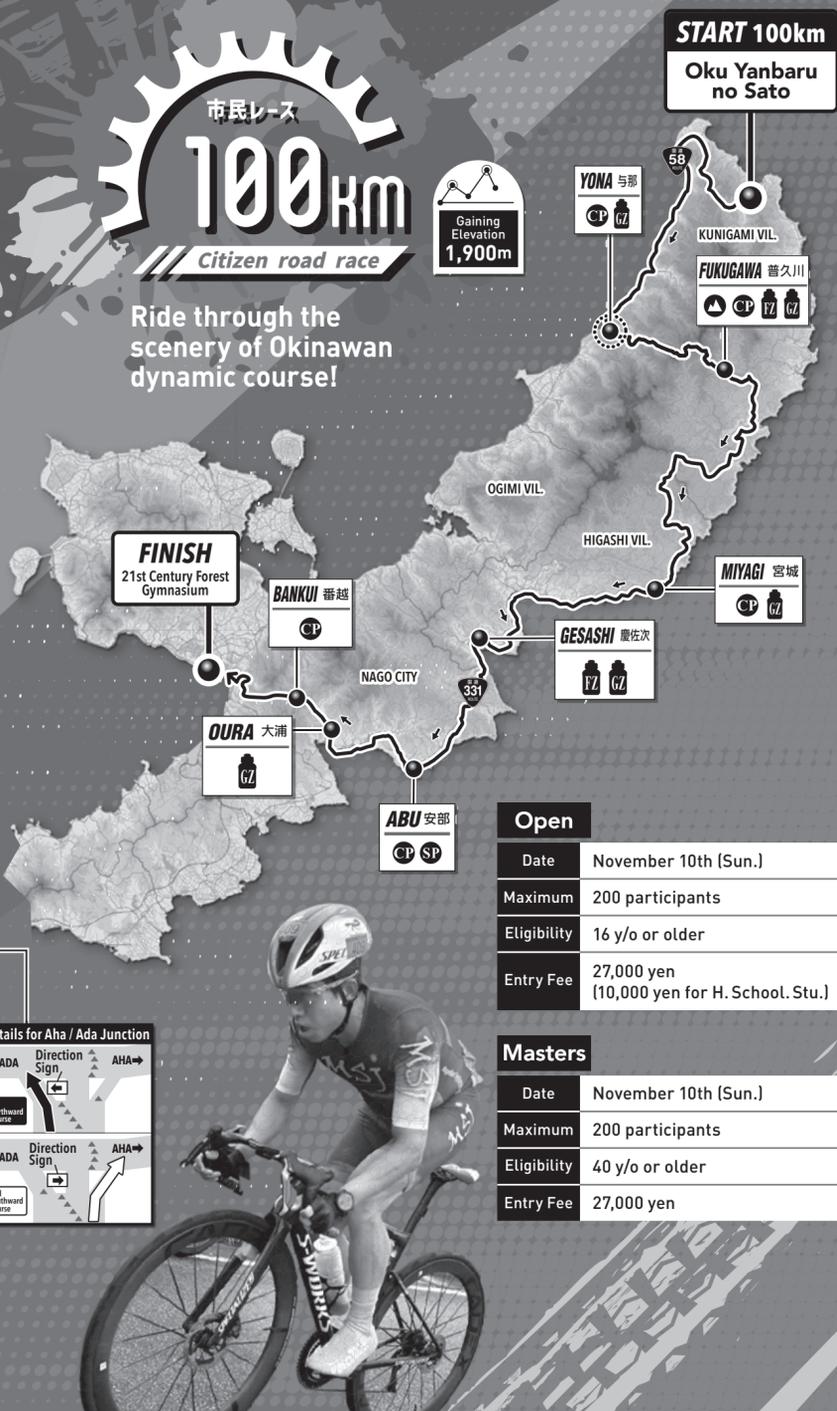
Serious battle for citizen racers in the vasty nature.



100km

市民レース
Citizen road race

Ride through the scenery of Okinawan dynamic course!



Open	Date	November 10th (Sun.)
	Maximum	200 participants
	Eligibility	16 y/o or older
	Entry Fee	27,000 yen (10,000 yen for H. School. Stu.)
Masters	Date	November 10th (Sun.)
	Maximum	200 participants
	Eligibility	40 y/o or older
	Entry Fee	27,000 yen

Citizen road race 50km

Open	Date	November 10th (Sun.)
	Eligibility	16 y/o or older
	Entry Fee	15,000 yen (10,000 yen for H. School. Stu.)
Fifty (50s)	Date	November 10th (Sun.)
	Eligibility	Age between 50-59
	Entry Fee	15,000 yen

Forty (40s)	Date	November 10th (Sun.)
	Eligibility	Age between 40-49
	Entry Fee	15,000 yen
Over 60	Date	November 10th (Sun.)
	Eligibility	60 y/o or older
	Entry Fee	15,000 yen

Women's Citizen Road Race 50km
50 Km for battle of the women's racer!
Leap up by the Okinawan cheers from the roadside!

Date	November 10th (Sun.)
Eligibility	13 y/o or older
Entry Fee	15,000 yen (10,000 yen for H. School. Stu.) (6,000 yen for M. School. Stu.)

Male Junior H.School Students' Road Race 50km
Ride through the "Yanbaru" Okinawa Grab the new star!

Date	November 10th (Sun.)
Eligibility	Age between 13-15
Entry Fee	6,000 yen

Kids Race 10km
Take your first step in this hot race!

Date	November 10th (Sun.)
Eligibility	4th-6th Graders Race for both Male and Femal Students.
Maximum	50 participants
Entry Fee	4,000 yen

Challenge Race 200km

Date	November 10th (Sun.)
Eligibility	19 y/o or older
Maximum	200 participants
Entry Fee	30,000 yen

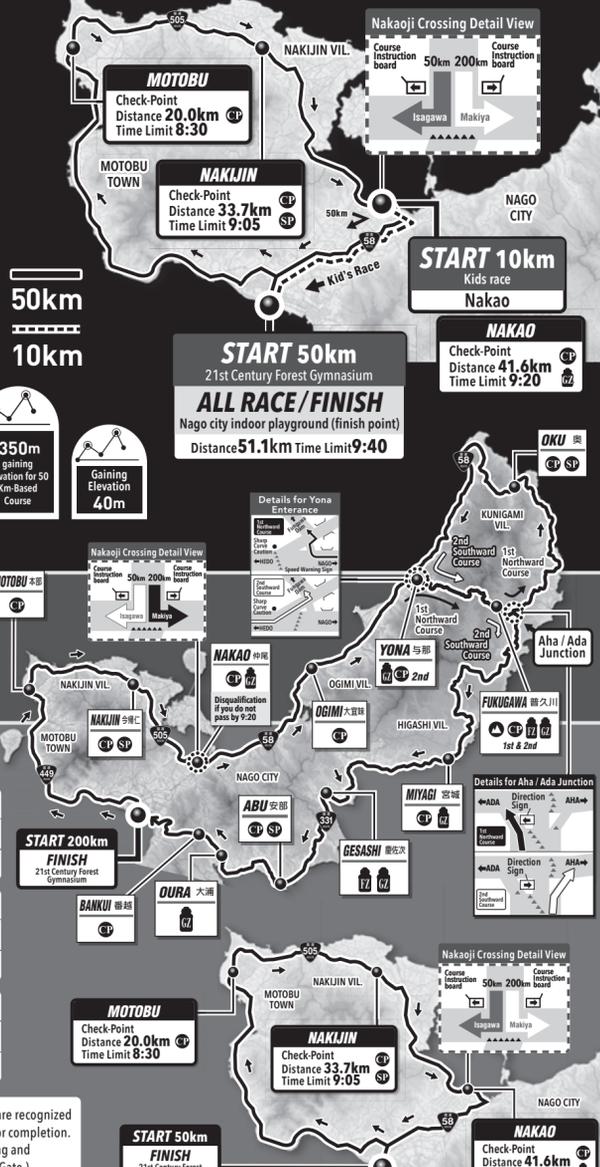
Challenge Race 50km

Date	November 10th (Sun.)
Eligibility	16 y/o or older
Entry Fee	13,000 yen (8,000 yen for H. School. Stu.)

Date	November 10th (Sun.)
Eligibility	Age between 40-49
Entry Fee	13,000 yen

Date	November 10th (Sun.)
Eligibility	50 y/o or older
Entry Fee	13,000 yen

Attention! SPECIAL RULES
For all the Challenge Race 50km events, none of the competitors are recognized at the award ceremony as it will be the events for those who aim for completion. Those who completed the race will receive a certificate with ranking and completion times posted. (There is time limit at each Check-Point Gate.)



36th CYCLING

11/8(fri) - Sign-in
11/9(sat) - Start

Sign-in for any categories can only be accepted the day before.

312 KM

Touring Around Okinawa Island Course

Be chocked full of Okinawan local charm.

In day one, they will tour along the roads in the mountainous region called Yanbaru where they experience many hill crumbs while taking in the beautiful lush forests; on the second day, the riders move to the southern part of the island and enjoy riding through the roads that feature series of urban landscapes and resort areas, as well as sceneries of Okinawan country sides.

Date	November 9th (Sat.) 10th (Sun.) [2-day/1-night trip]
Maximum	500 participants
Eligibility	16 y/o or older, but limited to participants who are able to ride at the average speed of 25km/h (15.5mile/h).
Entry Fee	38,000 yen

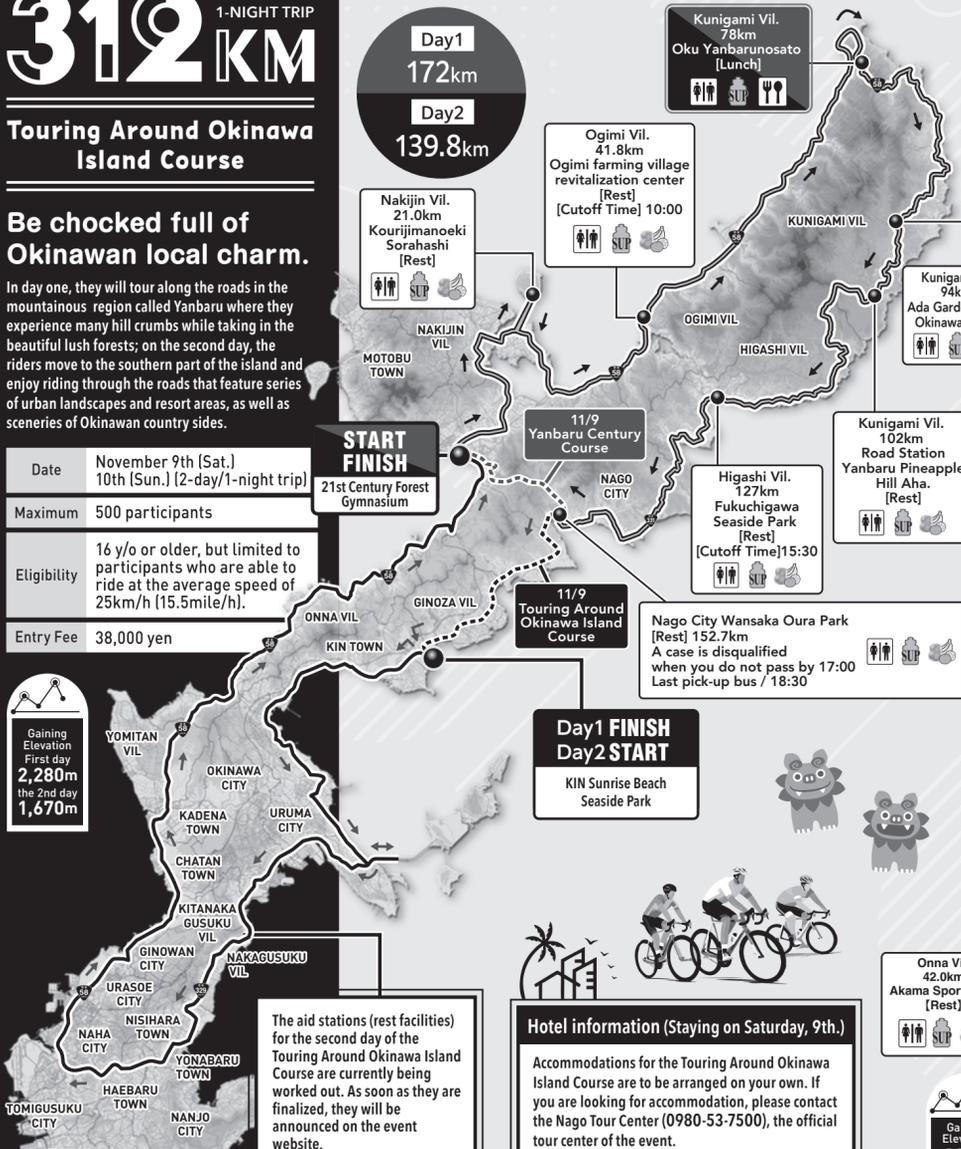
Gaining Elevation
First day 2,280m
the 2nd day 1,670m

The aid stations (rest facilities) for the second day of the Touring Around Okinawa Island Course are currently being worked out. As soon as they are finalized, they will be announced on the event website.

11/9 First day	Yanbaru Century Ride Touring Around Okinawa Island Course The First Day	Restroom, Supply, Snack, Foot Bath, Lunch
11/10 The 2nd day	Touring Around Okinawa Island Course	Rest Area/Short Break Area, Lunch
Sat. Nov. 9	Lunch, Rest, Short Break and Start (Distance from 21st Century Forest Gymnasium.)	* Saturday Events * The courses, the aid stations, and the lunch places may be changed.
Sun. Nov. 10	Lunch, Rest, Short Break and Start (KIN Sunrise Beach Seaside Park.)	

Day1 172km

Day2 139.8km



163 KM

Yanbaru Century Ride

Enjoy the great nature of Yanbaru. This course goes around the full of nature scenic coastline of Yanbaru (Northern part of Okinawa Prefecture). The east coast in the second half of the course is ups and downs, gives in satisfying cycling. Since it is held on the first day of the convention (Saturday), it is also attractive to be able to participate in different category on Sunday.

Date	November 9th (Sat.)
Maximum	300 participants
Eligibility	16 y/o or older, but limited to participants who are able to ride at the average speed of 25km/h (15.5mile/h).
Entry Fee	18,000 yen

Gaining Elevation 2,426m

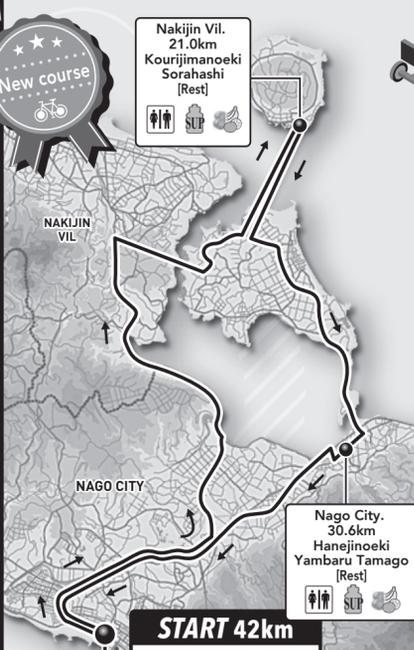
42 KM

Warumi Bridge & Kouri Bridge Cycling

Gateway to Cycling Success! Experience the Sea, Breeze, and Scenic Beauty of Yanbaru!

Cycling from Nago City to Nakijin Village, northward to Walumi Bridge and Kouri Bridge. The course is approximately 40 km in length and can be enjoyed by the whole family. The course is packed with the scenic beauty of Yanbaru.

Date	November 9th (Sat.)
Maximum	300 participants
Eligibility	8 y/o or older
Entry Fee	high school students and older: 8,000 yen (6,000 yen for Middle school students.) (5,000 yen for Elementary school student)



70 KM

Challenge Cycling Course

Enjoy the Southern Yanbaru Area: A Cycling Course for Intermediate Riders! Starting from Nago City and heading south along the East Coastline, the route passes through Ginoza Village, where the Hanshin Tigers hold their spring training camp, and Kin Town, the world's best Taco Rice city. And riding through Onna Village with scenic ride while looking into the clear ocean. The first half features an undulating course, while the second half offers a flat coastal line, making it an ideal course for intermediate riders.

Date	November 9th (Sat.)
Maximum	300 participants
Eligibility	16 y/o or older
Entry Fee	10,000 yen

Gaining Elevation 902m

START 70km FINISH 21st Century Forest Gymnasium
Lunch will be served at the convention site.

Hotel Information
* The participation fee includes Hotel fee, interaction costs.
* The organizer will make the room assignment based on room capacity.
* If you wish to share a room with someone you know, write it down in the remarks column of the application form.
* It will be held every other year with Izena island cycling.



The Related Events

Unicycle, Tricycle, Barrier free cycling

Not only cyclists can have a good time. Last year a collection of adorable preschoolers and elementary aged kids participated in the tricycle and unicycle riding events. All the participants, friends, and others, all joined in and had a great time! Join us this year for another exciting event.

73 KM

Iheya Island Cycling

This is the Tropical Island You Don't Want to Miss!

Ishiya Island, the island of Terushino (Helios). On this island where rustic nature and unchanging culture live, we spend luxury time by bicycle.

Date	November 9th (Sat.) 10th (Sun.) [2-day/1-night trip]
Maximum	100 participants
Eligibility	8 y/o or older
Entry Fee	Junior high school students and older: 22,000 yen (18,000 yen for Elementary school student.)

50 KM

Ie Island Family Cycling

The island of the flowers, the sunsets, and romances. Ride in a leisurely through the course in the nature.

Cyclists ride around Mt. Gusuku called "Iijima Tacchu". While touring, they will stop by the festival that you can have fun at the staples of Ie Island and taste them.

Date	November 9th (Sat.) [Day trip]
Maximum	100 participants
Eligibility	8 y/o or older
Entry Fee	Junior high school students and older: 10,000 yen (8,000 yen for Elementary school student.)

Name of Event: 36th Tour de Okinawa 2024 Date: November 9th (Sat.)-10th (Sun.)
Hosts: NPO Tour de Okinawa Association, Okinawa Northern Region Wide-area Local Public Organizer: Tour de Okinawa Organizing Committee
Supporting Organizations: GOOD CYCLE JAPAN, Cabinet office, Ministry of Economy, Trade and Industry, Ministry of Land, Infrastructure, Transport and Tourism, Japan Sports Agency, Okinawa, Japan Cycling Federation, Japan Cycling Association, the JKA Foundation, Other 38 organizations (Include TBD).
special tie-up: Okinawa Times, Ryukyu Broadcasting Corporation, NHK Okinawa broadcasting, Hokubu Okinawa Medical Association

How to Apply for Race/Cycling:
*Please note that we do not accept registered mail with cash.
*For applicants 18 y/o or younger, one of the parents/guardians need to sign to prove parental consent.
*For applicants 70 y/o or older, he/she must submit a health certificate along with an application form to the organizing committee.
*Please note that entry fee will not be refunded after the application procedure is completed.
Period of Application: August 1st (Thu.)noon- September 20th (Fri.), 2024 (An entrant limit is set for each category; application will be terminated before the deadline when the entrant limit is filled.)

Acceptance or Rejection of Application:
Tour de Okinawa Organizing Committee has the sole and exclusive right on application decisions. A notification of participation will be sent via e-mail around the end of October.

Awards Stipulation:
The 1st finisher through the 6th finisher of each citizens' road race category will receive awards.
+The 1st finisher through the 3rd finisher of each citizens' road race category will be awarded on the stage at the ceremony, whereas 4th-6th finishers will be awarded at the awarding center set up in a tent (booth) separate from the stage. (Refer to the awards stipulation for Pro Tour, Elite Women, and other categories not mentioned above.)
+All finishers of every road race categories will receive a certificate of completion with the organizer's verification of the finishing time.
+All finishers of each cycling course (non-competitive) will receive a certificate of completion.

- Notes Common to All Categories -**
- +The application must be completed before the official deadline. No one can participate the race/cycling without being registered.
 - +Competitors must register to the receptionist on the designated date. (The day before starting time of each categories). The competitor would not be able to participate the event without registering.
 - +Vehicular traffic will be closed for automobiles after 6:00 AM on Nov. 10th (Sun.). Be sure to gather at the starting area at the designated time.
 - +Although first-aid treatment will be delivered to participants in need, all the costs for further medical treatment will be charged to the participant. Every participants are responsible for having medical insurance for the race and be sure to carry the insurance card/note.
 - +Any accident that occurs during the race must be reported to the organizer before the end of the event period. If you do not report the accident, insurance will not be applied.
 - +We will assume all missing entries for T-shirt sizes are Large (L).
 - +Disobeying race rules will result in disqualification, and the race organizer can not take any responsibility for any consequence that result.
 - +The organizer will apply accident insurance to the participants.
 - *Citizen Road Race: 1,000 yen for Hospitalization, up to 5,000,000 yen for death or sequelae.
*Cycling: 1,000 yen for doctor's visit, 3,000 yen for hospitalization, up to 5,000,000 yen for death or sequelae.
*If you are not satisfied with this insurance content, please apply for different insurance in yourself.
+Applications without a written signatures on the convention place are invalid. (In case of application online, agreement is necessary to complete.)
 - +Automobiles that belong to participants or spectators must be parked at designated parking lot during the race period (Nov. 9th (Sat.) - 10th (Sun.), 2024)
 - +As a general rule, riders of the road races of this event must keep to the left side. Use of a cell phone while riding is prohibited.

- Access to Nago City -

- BICYCLE** To north the National Highway 58 to Nago City about 67km / 94km to Okuma Beach.
BUS
*By Yanbu Express Bus
From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥1,600) (Approximate time required: 1 hr. 40 min)
*By High Way Bus (Line No.111, No.117)
From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥2,520) (Approximate travel time: 1 hr. 40 min)
*By City Bus (Line No.120)
Catch Bus No. 120 at Naha Airport and get off at Hokubu-Godochosha-mae then walk 10 min. (¥2,240)
Approximate travel time: 2 hr. 30 min)
*By Okinawa Airport Shuttle
From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥1,600) (Approximate travel time: 2 hr. 30 min)

For information about city service, call those bus companies:
Ryukyus Bus(098-863-2821), Okinawa Bus(098-862-6737), Okinawa Bus Association(098-867-2316)
Nago Bus Naha office(098-947-1040) Highway Bus only.
Yanbaru Express Bus https://yanbaru-expressbus.com *Operating Yanbaru Express Bus only, Okinawa Airport Shuttle https://www.okinawa-shuttle.co.jp *Operating Okinawa Airport Shuttle only.

The organizers will not be held responsible in case the event is canceled due to stormy weather, earthquakes, windstorms, floods, incidents, accidents, poor competition conditions caused by the spread of designated infectious diseases, or other reasons beyond the control of the organizers, or if there are any changes to the event, or if the loss of or damage to equipment interferes with participation. The organizers will not be liable for any equipment loss or damage, nor for any other issues that may arise. Please note that participation fees and other expenses incurred in participating in the event will not be refunded.

TOUR DE OKINAWA 2024
11/9(Sat) - 10(Sun)
2024 Application Registration 8:17THU Start 12:00
For more information
Please understand that the registrations before time cannot be accepted.
Tour de Okinawa
Office is the
www.tour-de-okinawa.jp

What kind of place is "Yanbaru" where the tournament is held?
Yanbaru is the name given to the forested northern part of Okinawa Island in Japan. Yanbaru contains some of the last large surviving tracts of subtropical rainforest in Asia, with many endemic species of flora and fauna. In 2016, Yanbaru National Park was established and the area was included in a submission for inscription on the UNESCO World Heritage List. In addition to the nature, communities residing on Yanbaru have created commercial entities referred to as a "Kyodo-baiten". It is a community cooperative of grocery stores that are operated by the local community.

Official Tourist Nago tour center
E-mail: toudeokinawa@nagocic.com
TEL.050-1721-2648
E-mail: info@tour-de-okinawa.jp

APPLICATION BY PHONE	Weekdays:9:00~17:00	WWW.TOUR-DE-OKINAWA.JP
Official Tourist Nago tour center	453-6 Higashi Nago City, Okinawa, JAPAN 909-0111 TEL.0980-83-7500 FAX.0980-83-7508	
NPO法人 NAGO TOUR DE OKINAWA ASSOCIATION	NPO法人 ナゴ ツー ル オキナワ 協会	
TEL.050-1721-2648	沖縄県名護市宇佐野の森5丁目5番地1 北部会館2階	
E-mail: info@tour-de-okinawa.jp		

Friday, November 8	Citizen Road Race and Cycling division Touring Around Okinawa Island Course, Yanbaru Century Ride, Warumi Bridge & Kouri Bridge Cycling, Challenge Cycling, Iheya Island Cycling, and Ie Island Family Cycling in the cycling category will be accepted only on November 8th.	Entry Registration (Distributing jersey number)
18:00~20:00	Openhouse reception Citizen Road Race and Cycling division *Pre-registered person only	
Saturday, November 9	Ie Island Family Cycling Touring Around Okinawa Island Course Yanbaru Century Ride, Warumi Bridge & Kouri Bridge Cycling, Challenge Cycling, Iheya Island Cycling	START
06:50~08:00	Shuttle bus departure to Kunigami	
08:00~17:00	Each race division (for the categories start on Sunday)	Entry Registration (Distributing jersey number)
09:00~15:00		
13:30~16:00		
14:00~19:00	Shuttle bus departure to Kunigami	
17:00~20:00	Openhouse reception *Pre-registered person only	Entry Registration (Distributing jersey number)
Sunday, November 10	Men's champion race Citizen Road Race 200km Challenge Race 200km Citizen Road Race 100km Challenge Race 50km Barrier free cycling Tri-cycle Race	START
08:14~09:33	All 50km Based Race	FINISH
10:00~12:00	[Citizen] Awards Ceremony	Nago city indoor playground
09:00~12:00	Tri-cycle Race	START
09:00~09:05	Kids Race 100m (Nago Nakai)	START
Note around 09:05	Citizen Road Race 140 km (Road Station Kunigami)	START
Note 09:22~09:30	-open- Masters	START
Note 09:40~10:14	International Women's Road Race 100km (Kunigami Oku)	START
09:40~10:14	Citizen Road Race 100km (Kunigami Oku)	START
11:30~14:30	Men's Champion Race All other Races	FINISH
15:00~	Rearmost Riders of All the Races	FINISH
15:00~17:00	Touring Around Okinawa Island Course Iheya Island Cycling	FINISH
15:00~17:00	[Awards Ceremony, Closing Ceremony]	Nago city indoor playground

*Point schedule may change without notice.
Attention: Depending on the race situation, the START time may be changed.

Blossom out yourself in the wind!
Tropical island as free as the wind!

名護局
料金後納

YANBARU is the ONE!